

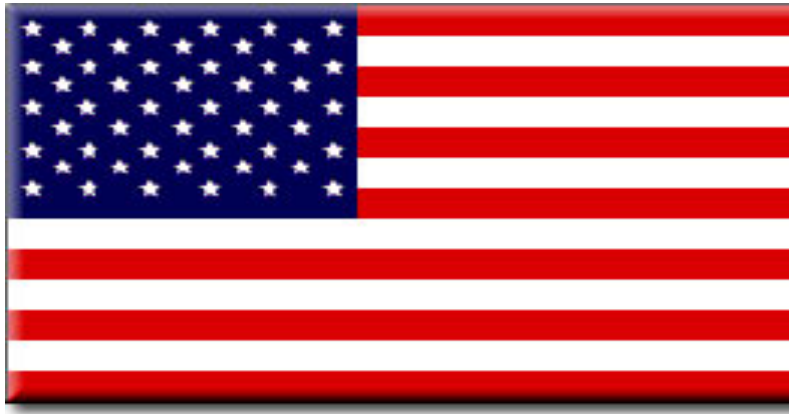
# NAVAL BASE CORONADO



# SAFETY LINES



**JULY 2005**



**\*\*OLD GLORY\*\***

## CELEBRATING SAFELY ON INDEPENDENCE DAY

The Fourth of July is traditionally a day when the entire country comes together to celebrate our Nation's freedom to express our patriotism. Families playing in the park, children swimming, neighborhood barbeques and spectacular firework shows to end the perfect day. All these enjoyable activities make for a great formula to give our children and families life-lasting memories. Unfortunately, the activities that make this holiday extraordinary also make it one of the busiest days of the year for public safety.

Every Fourth of July, hospital emergency rooms are filled with people injured in accidents involving fireworks, swimming pools and alcohol. With the excitement that accompanies the holiday, safety practices followed throughout the year are often forgotten. In most cases, these accidents can be avoided by using common sense and acting in a responsible manner.

Extreme caution should be used if fireworks are included in your celebration. Common fireworks are explosives and must be handled with care and respect to prevent injury and property damage. Each year people suffer burns, loss of eyesight, burst eardrums, and other injuries, and property damaged because of fireworks. So, the first thing you should do is to check out with the fire department if the fireworks are legal in your community.

**Remember fireworks can kill... The following safety tips will help ensure a safe and pleasurable Fourth of July.**

- Never let children play with or light any fireworks. They're great family fun but only should be handled by adults.
- Don't use alcohol with fireworks. Responsible handling requires people who are not under the influence of alcohol or drugs.
- Follow all local and state laws regarding the possession and use of fireworks, and always display common sense. Read all directions, cautions, labels, and warnings on each firework item to understand the product performance and related hazards.
- Always light fireworks on a hard, flat and level surface to ensure stability of the items. Grass generally is not suitable for any aerial items. If lighting on grass, lay down a flat wooden board for a shooting surface.
- Keep clear of the fireworks. Never put your head or any part of your body over the top of any firework product. Never hold a lighted firework item in your hand. Keep as far away from the firework item as possible when lighting; it's recommended that you use a punk or an extended butane lighting device. If needed, use a flashlight at night so you can see the fuse; never use a lantern or other flame-producing device near fireworks for illumination. Light the firework product and get away.
- Have water close by. Have an accessible fire extinguisher, water supply, hose, or bucket of water nearby for emergencies.
- Purchase fireworks from reliable, licensed dealers. They carry products that meet standards enforced by the U. S. Consumer Product Safety Commission. Don't try to make your own fireworks.
- Safety glasses are recommended for those individual lighting fireworks and those in close proximity to the fireworks.



***Different fireworks mean different hazards:***

Read the instructions on each one carefully (by flashlight, never an open flame) and follow them properly. Sparklers need careful handling – light them one at a time at arm's length; make sure that anyone holding a sparkler wears gloves; and put each spent one into a bucket of water as soon as it is gone out. Fireworks are dangerous; so do not fool around with them. Putting fireworks in your pocket is stupid and dangerous. Throwing fireworks at people is dangerous and illegal.

So whenever and wherever possible try to attend public fireworks displays. For, the shows are safer and are meant for better displays than what might be achieved at your home. However, if you must use fireworks, be sure to follow the safety tips outlined above.

Source: <http://www.safetycenter.navy.mil>

***NBC Safety Office Wish You and your Family a Happy and Safe 4<sup>th</sup> of July!!!!!!***



Some time this coming weekend; a Sailor or Marine will die. Or maybe two or three. How will it happen? Chances are it will be in a traffic accident, or while swimming, or during a sporting activity. Most likely it will be someone you don't know, but it could be a friend, or a family member. It might even be you.

In a perfect world, you'd get a 24-hour notice that you're about to have an accident so you can take steps to prevent it. You'd get that tingly "spidey-sense" that, warns of a disaster to come. But it isn't a perfect world. That's why you need to be committed to taking steps to prevent accidents at all times. You need to condition yourself to think safety both on duty and off.

You know, the people who will die this summer aren't dead yet. Right now, right this very minute; they're going about their ordinary lives. They're laughing. Working. Planning. They don't know that in a few weeks, they'll be dead. You have the ability to save a life. **PASS IT ON.**

## Swimming Safety

- Know How To Swim
- Swim With A Friend
- Swim In Areas With Life Guards
- No Hyperventilating & Extended Breath-Holding Technique
- Look Before You Leap

## SEVERE WEATHER: LIGHTNING SAFETY

Lightning causes more deaths in the United States than hurricanes or tornadoes. In fact, lightning is the number two storm-related killer, surpassed only by flooding. A single stroke of lightning has 125,000,000 volts of electricity. That's enough power to light a 100-watt light bulb for more than 3 months, or enough to seriously hurt or to kill someone. Lightning is something you should not be careless around. Lightning safety is a multi-step process, with each step providing a decreasing level of protection - plan around the weather, and have a lightning safety plan.



Follow these tips in staying safe during a stormy weather.

- While all of us have heard the warnings about swimming or boating during thunderstorms, avoiding other water contact when lightning is flashing is good safety advice, too. That even means staying out of the shower and tub and yes, keeping your hands out of dishwasher.
- Seek shelter. Stay in enclosed buildings. Inner rooms are the safest. Avoid doors, windows and anything that conducts electricity. Stay out of picnic pavilions and rain shelters. If need be, seek safety in a car and close the windows. As long as you aren't touching metal, the car's steel frame offers some protection.
- Don't use electrical appliances or telephones with cords. Lightning can follow electrical wires and phone lines into your home or workplace.
- If you're caught outdoors, use the 30-30 rule – seek a safer location immediately if the thunder occurs 30 seconds or less after the lightning. Once the storm has passed, wait at least 30 minutes after the last lightning flash before leaving shelter.
- Avoid lightning targets. Stay away from trees and any tall, isolated structures. If you're caught in an open area, drop metal items such as golf clubs and tennis racquets.

Source: <http://weathereye.kgan.com>

## SAFETY BELTS

Safety belts, everyone? Twenty-nine percent of all U. S. drivers do not use safety belts. Approximately, thirty-nine percent of the occupants of passenger cars involved in fatal crash every year did not wear seat belts. Also forty-four percent of occupants of light trucks involved in fatal crashes were unrestrained. Safety belts saved more than 12,000 lives every year.

Safety belts are effective in preventing the occupant from being ejected from a vehicle. In fatal crashes, 75 percent of passenger car occupants who were totally ejected were killed. Only one percent of the occupants in fatal crashes who were wearing seat belts were totally ejected from the vehicle.

Active duty personnel are required to wear a safety belt when traveling in a car, whether on base or off base and whether in a Navy or privately owned vehicle. Furthermore, drivers who are active duty are held responsible for passenger compliance with this requirement. It's only smart to do so. Unrestrained drivers and passengers are twice as likely to be killed or seriously injured in an automobile accident than those who use safety belts.



# MOTORCYCLE SAFETY

## Busted On Base



In FY04, the Navy recorded 25 motorcycle fatalities more than have occurred in any one of the last five years. The primary causes of these mishaps have been speeding, losing control, striking another object, and drinking. Some of these deaths were not preventable (e.g., car pulling in front of motorcycle), but most could have been avoided. Riding a motorcycle is an inherently dangerous pastime, there's little disagreement on that statement. "When you're on a motorcycle, you just don't have any protection." "Even with a helmet, there still is a great deal of trauma to the body." How can you mitigate these dangers? One of the most effective ways is to take a motorcycle-safety training course like the one the Navy has (required for all Navy people operating a motorcycle or riding one as a passenger, on or off base). Those graduating from the course usually don't have as many serious accidents as those who don't. Even those who think they know how to ride before they attend the course are surprised at how much they learn.

### Critical Days of Summer Update: Fatal Mishaps (27 May 2005 – 19 June 2005)

They say lightning doesn't strike the same place twice. It would be nice if we could say the same for senseless accidents that claim our service members' lives. As we enter week three of the Critical Days of Summer, we find that 7 of our precious Sailors and Marines have died in preventable mishaps. Sad thing is, they're all the same kinds of mishaps, same sequence of events, same causes, and same injuries that have already killed hundreds in years past. **Motorcycle fatal mishaps: Navy - 2 and Marines – 2.**

Source: <http://www.safetycenter.navy.mil>

# NAVOSH TRAINING

## CPR CERTIFICATION CLASS

**Date:** 5 July, 2 August, and 7 September 2005  
**Where:** Bldg 678, Classroom 222  
**Time:** 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

## RESPIRATOR TRAINING CLASS

**Date:** 6 July, 3 August, and 8 September 2005  
**Where:** Bldg. 678, Classroom 222  
**Time:** Respiratory Program Assistant - 0800-1200  
 Respiratory Protection program (Users) - 1300-1430  
 Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

# NAVOSH INSPECTION (ANNUAL) SCHEDULE

## COMMAND

## DATE

CENTER FOR NAVAL LEADERSHIP LEARNING (CNLL)	11 JUL
DEEP SUMERGENCE UNIT (DSU)	12 JUL
NAVY COLLEGE	13 JUL
MAP SUPPORT OFFICE (MSO)	19 JUL
ASSAULT CRAFT UNIT ONE (ACU-1)	26 JUL
NAVY BAND	02 AUG
TACTICAL SUPPORT CENTER	11 AUG
COMHSCWINGGPAC (INCLUDING HSC-3 AND HS-10)	15 AUG
NAVAL AIR RESERVE (NAR)	18 AUG
EXPEDITIONARY WARFARE TRAINING GROUP PACIFIC	22 AUG
ESSOPAC	30 AUG

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

**ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049**

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**FAX NUMBER – 545-1053**

The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.